

Wyoming On Wellness

VOL. 1, NO. 1

"Commit to Your Health"

FALL 2006

WHAT LIES WITHIN...

Is your healthy appearance a trick or a treat?

Halloween costumes can be frightening — but something even scarier can hide inside a person who looks like the picture of health.

More than one-third of the 40 million Americans with diabetes and high blood pressure are unaware they have these potential killers.

High blood pressure has no symptoms but significantly increases your risk for heart attack and stroke. Protect yourself by getting an annual blood pressure check.

Many of the signs of diabetes, such as excessive thirst and frequent urination, seem harmless. If you're age 45 or older, have a fasting blood glucose test to screen for diabetes. (People with a family history of diabetes or other risk factors may need earlier screening.)

The good news: Regular physical activity, a healthy diet, maintaining a proper weight, and not smoking can go a long way toward preventing and controlling high blood pressure and diabetes.

Sources: American Heart Association; American Diabetes Association

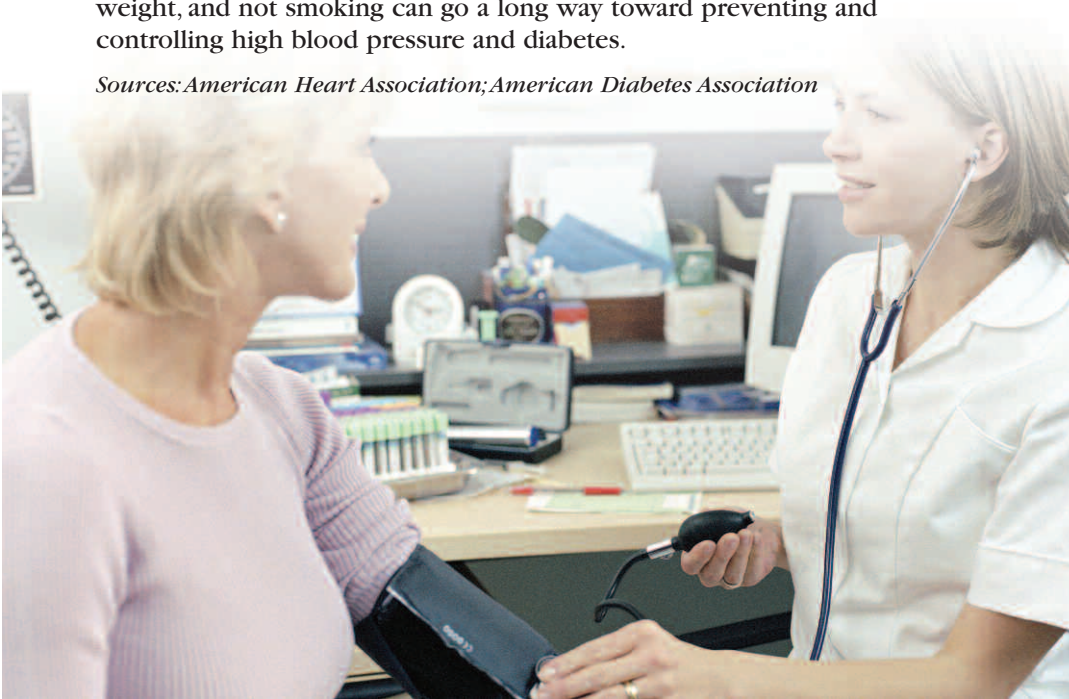


It is very exciting for me to have the opportunity to enthusiastically endorse the new Wyoming state employee wellness program, *Wyoming on Wellness*.

I think it goes without saying that good health is our most important asset. My main focus in health promotion is directed toward empowering people to live healthy lifestyles through physical activity, good nutrition and the avoidance of tobacco and other substances that are harmful to one's health.

The Wyoming Department of Health has developed a new logo and a tag line, "*Commit to Your Health*", which I believe exemplifies this attitude. I encourage everyone to participate in the Wyoming on Wellness Program. Get healthy today for yourself, your family and your friends. You will never regret taking this important step – the one step that will benefit you for the remainder of your life.

Dr. Brent Sherard, M.D., M.P.H.
Director and State Health Officer
Wyoming Department of Health



eating well

DIET MYTHS

The 4 biggest “losers”

1. Eating after 8 p.m. causes weight gain.

FACT: It's important to avoid late-night high-calorie snacking, but eating a late dinner won't sabotage your diet if your total calorie intake is not too high.

2. Low fat means low calorie.

FACT: Many foods labeled “low fat” are loaded with calories because sugars and starch thickeners are used to add flavor and improve texture. Carefully read nutrition labels and check serving sizes.

3. Avoid carbohydrates.

FACT: A balanced eating plan includes carbohydrates, protein, and fats. Carbohydrates are the body's main fuel source. Choose what nutritionists call “good carbs” such as whole grains, fruits and vegetables, and beans.

4. Skipping meals is a good way to lose weight.

FACT: Going too long without eating may cause you to eat more than you would normally. People who eat breakfast and four or five small meals during the day tend to be more successful at long-term weight loss and weight control.

Source: National Institutes of Health Weight-Control Information Network

EASY WAYS TO

Add fiber to your meals

- Include plenty of raw and cooked fruits and vegetables, and eat the skins (apples, carrots, potatoes) whenever possible.
- Choose 100% whole-grain breads and cereals instead of refined flour products.
- Eat more beans, lentils, and other legumes.
- Use oatmeal or whole-grain bread instead of white bread crumbs in recipes.
- Sprinkle one tablespoon of unprocessed bran, bran cereal, oat bran, or wheat germ over salads, applesauce, hot cereal, and cottage cheese.

Most adults need between 25 and 30 grams of fiber a day. Some examples: a large, unpeeled apple: 6 g; 1 cup All Bran cereal: 20 g; 1 cup cooked red beans: 9 g.

Source: *Weight Loss: A Winning Battle*, published by the Joslin Diabetes Center

Halibut

With tomatoes and basil

- 4 (6 oz.) halibut fillets
- 2 Tbsp. olive oil
- 2 cloves garlic, minced
- 1 cup tomatoes, skinned and diced
- Juice of 1 lemon
- 1/2 cup fresh basil leaves, chopped
- Salt and pepper to taste

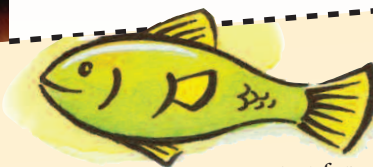
Heat olive oil in skillet. Cook halibut for 1 minute on each side.

Add remaining ingredients (except for salt and pepper) around fillets and simmer for two minutes or until halibut flakes. Add salt and pepper to taste.

Spoon sauce onto bottom of each plate, and serve fish on top.

Serves 4. Per serving: 263 calories, 11 g fat, 36 g protein, 4 g carbohydrate, 96 g sodium.

Source: *What to Eat Now: The Cancer Lifeline Cookbook*, by Rachel Keim and Ginny Smith



fitness

YOUR FEET

Keep them feeling great

Simple exercises to strengthen your feet and help prevent heel and arch pain:

- While seated, roll a tennis or golf ball under the ball of your foot for two minutes.
- Several times a day, grab a towel with your toes like you were planning to pick it up.
- Stand up on your toes as high as possible at the edge of a low step, then relax between toe raises and let your heel fall a little lower than the edge of the step.

Sources: American Orthopedic Foot and Ankle Society; American Academy of Family Physicians

DR. KENNETH COOPER WEIGHS IN ON

Solving the health-care crisis

Recognized as the “father of aerobics” and head of the Cooper Institute in Dallas, Texas, Dr. Kenneth Cooper has been credited with getting more people moving than any other person on the planet. When asked what every American could do to help make health care more affordable, Dr. Cooper offered these suggestions:

1. *Work toward a BMI (Body Mass Index) less than 25.**
2. *Exercise at least 30 minutes collectively most days of the week.*
3. *Have a regular, complete, preventive medical examination adjusted to age and sex.*
6. *Control alcohol and eliminate habit-forming drugs.*
4. *Eliminate tobacco in all forms.*
5. *Learn how to control stress.*

*The BMI gives an indication of body fat for most people and can be used to determine a person's risk for health problems related to overweight and obesity. To calculate your BMI divide your weight in pounds by your height in inches squared. Then multiply that number by 703. The U.S. Centers for Disease Control and Prevention Website has a calculator which will figure your BMI automatically. Visit <http://www.cdc.gov/>

IN THE GYM...

How to avoid common injuries

If you decide to move your physical activity indoors when cooler temperatures arrive, here's how to stay safe while you stay in shape:

- Always warm up your muscles before any strenuous activity, and cool them down afterwards. If you're going to use a treadmill or play basketball, walk around for five to 10 minutes before you start. After a workout, walk around and stretch your muscles until you cool down and your heart rate lowers.
- Train *all* of your major muscle groups. It's a mistake to focus on one area, such as abdominal muscles or biceps.
- Avoid lifting too much weight. If you can't finish eight repetitions without straining, you're probably lifting too much.
- Use good form. Learn how to adjust machines to your body size and avoid jerking while lifting weights. Jerky movements can lead to sprains and injury. Back muscles are especially vulnerable.
- Work hard enough — but not too hard. Get your heart beating and work up a light sweat, but avoid workouts that are too intense. Moderate activity for longer periods of time will help you avoid injury and burnout.

Source: American Council on Exercise

health news

Doc Talk

Take control of your life and death!

As a physician, I have been trained to do all I can to **preserve life**. Talking to a patient about death is uncomfortable under any circumstances, but especially when a patient is dying. Yet, patients have a right to make decisions about their end-of-life care, and most patients surveyed say they would opt to share end-of-life decision-making with their physician.

What are doctors and patients to do?

- Talk about end-of-life care with your doctor before it's needed.
- Sign and share with your doctor a **"living will"** with your preferences for end-of-life medical treatment.
- Sign and share with your doctor a **"durable power of attorney,"** giving a friend or family member the legal ability to make treatment decisions for you if you become unable to make decisions for yourself.

You can find out more about these "advance directives" from your health plan, local hospice, or state bar association. Make it a point to review these documents periodically, since views on these issues may change over time. Thinking ahead about end-of-life care can help ensure we get our individual needs met at this crucial phase of our lives.

William J. Mayer, MD, MPH
Medical Editor

Do you have a subject you would like the doctor to discuss? E mail
DocTalk@HopeHealth.com.

where the germs are

Shared telephones and computer keyboards are among the most germ-laden places in a home or office.

Wash your hands after using these items, as well as before and after meals, and after doing laundry, advises University of Arizona microbiologist Dr. Charles Gerba.

Most Americans have switched to short-cycle, cold-water washing to save energy and wear and tear on clothes, says Gerba. But this leaves viruses and bacteria largely intact. Common viruses that cause stomach upsets and diarrhea can also survive the average 28-minute drying cycle.

timing is everything

Women boost their chances of **having a healthy baby** by spacing their pregnancies at least 18 months but no more than five years apart.

Pregnancy and nursing use up nutrients in a woman's body. When a woman gets pregnant before she has a chance to recover nutritionally, it may put the baby at higher risk for complications such as premature birth or low birthweight.

Source: *Journal of the American Medical Association*, Vol. 295, Pg. 1809

depression

Ongoing sadness; negative thoughts like **"I'm a failure"** or **"no one cares about me"**; sleeping too much or too little; lack of energy; and the inability to enjoy things are signs of depression. To find a depression/mental health screening location near you, visit mentalhealthscreening.org.

healthy lungs

Declare your home a smoke-free zone. Secondhand smoke aggravates asthma, increases children's risk of ear infections, and annually causes approximately 3,000 deaths from lung cancer and 35,000 deaths from cardiovascular disease. The American Lung Association at lungusa.org has more information.

kosher, table, or sea?

Different types of salt vary mainly in texture and taste, but they all contain about the same amount of sodium.

Kosher salt has a coarse grain and a cleaner taste than table or iodized salt. The minerals in sea salt give it a different taste.

Seasoned salt usually has less sodium than other types because it is flavored with herbs and other ingredients. Check labels for sodium amounts to be sure.

Adults should limit sodium intake to 2300 mg daily (about one teaspoon). People with high blood pressure or other health conditions may need to eat less.

Source: *American Dietetic Association*

The information in this publication is meant to complement the advice of your health-care providers, not to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

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• Institute Founder: Lester R. Sauvage, MD

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you can use

aye, there's the rub...

Even though the labels on contact lens cleaning solutions say **"no rubbing needed,"** you'll kill more germs and reduce the risk of eye infection if you do rub and rinse your contact lenses, says the American Academy of Ophthalmology.

Other reminders for preventing contamination: Always wash your hands with soap and water before handling contact lenses; use a "lint free" cloth to dry hands; replace cleaning solution daily; keep the case clean and replace it every few months; and avoid wearing contacts longer than recommended.

reasons to get a mammogram

1. **You or your doctor have noticed** a change or found a lump in your breast.
2. **You're age 40** or above.
3. **Mammograms can find lumps** up to two years before they can be felt.
4. **Breast cancer is more treatable** when found early.
5. **80% of women** with breast cancer have no family history.
6. **Mammograms find 85% of lumps** in women over 50.
7. **All women are at risk** for breast cancer.
8. **The new low-radiology equipment** makes it safer than ever.
9. **You'll have one less thing** to worry about.
10. **It could save your life.**

dental hygiene and oral cancer

In addition to **caring for your teeth and gums**, dental hygiene includes checking for oral cancer. A sore in the mouth that does not heal; pain in the mouth that doesn't go away; sore throats that don't go away; unusual spots on the mouth, tongue, or lips; and difficulty swallowing can be warning signs. See your doctor or dentist if any of these symptoms last more than two weeks. Learn more about oral cancer exams at adha.org/downloads/oralcancer.pdf.

rev-up your workouts

If you **normally walk every day for 30 minutes** at 3.5 miles per hour, rev it up to 4.5 miles per hour for 15 of the 30 minutes. You'll burn 30% more calories.

Adding hills when you walk or ride a bike is another way to fortify a workout.

Alternate two minutes of jogging with two minutes of running for a half-hour instead of jogging for 30 minutes.

Source: American Council on Exercise

day and night

Since **daylight is an important factor in regulating sleep**, experts recommend that you spend at least 30 minutes a day in natural daylight to improve sleep. If you have problems falling asleep, aim for an hour of exposure to morning sunlight.

Adults need at least seven to eight hours of sleep every night. A chronic lack of sleep can put you at increased risk for heart disease.

Source: National Heart, Lung, and Blood Institute

save your neck

Always hold the phone in your hand or use a headset when you're talking on the phone. Cradling the phone between your ear and shoulders puts pressure on your neck muscles that can lead to chronic neck pain.

Source: The Texas Back Institute

stop static

To prevent fires while refueling at the gas tank, always:

1. Turn off the engine.
2. Don't smoke or use any open flames like matches or a lighter.
3. Avoid getting back into your car while pumping gas.

Static electricity, that could start a fire, can be produced by friction when passengers rub clothes like a nylon windbreaker against car seat upholstery or their shoes on car floors, especially when they get back in the car to stay warm or retrieve a credit card.

Source: American Petroleum Institute

gulp!

Soda, juice, milk, sports drinks, beer, wine, and calorie-rich coffee drinks account for more than 20% of the total calories consumed by adults in the U.S. Liquid calories usually don't satisfy your appetite, and you probably don't eat less food since you still feel hungry. Even though juice may be a healthier choice than soda, you are still getting extra calories that can add up during the day.

An easy solution: Drink more water than anything else.

Source: University of North Carolina at Chapel Hill

health yourself

'TIS THE SEASON

Is it a cold or the flu?

Colds and flu are caused by viruses, which can't be killed with antibiotics. That's why going to the doctor usually doesn't help, and insist-ing that your doctor write a prescription for antibiotics only contributes to the problem of antibiotic resistance.

Call the doctor, however, if you have:

- **A severe sore throat, especially if there are white patches in the back.**
- **High fever and headache for more than three to four days.**
- **Shortness of breath, chest pain, sudden dizziness, and coughing up something pink or reddish.**
- **Unusual symptoms that worry you.**

SYMPTOM	COLD	FLU
Fever	Slight	High fever (102°F–104°F) that lasts 3-4 days
Headache	Rare	Common and bad
General aches & pains	Slight	Usual; often very bad
Fatigue & weakness	Very mild	Can last up to 2-3 weeks
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, hacking cough	Mild to medium	Common; can become very bad
Sputum (thick mucus)	Present/common	Rare

Sources: Centers for Disease Control and Prevention; U.S. Food and Drug Administration

SMOOTH MOVES

Protect your back

- **Quit smoking.** Nicotine restricts the flow of blood to the discs that cushion your spine.
- **Maintain a healthy weight.**
- **Avoid standing or sitting** in one position for too long.
- **Stand with one foot forward** and keep knees slightly bent.
- **Sit with your knees** slightly higher than your hips.
- **Lift objects with your legs, not your back.** Kneel on one knee with the other foot flat on the floor, as near as possible to the item you are lifting. While carrying, keep the object close to your body at all times.
- **Stand on a stool to reach things above shoulder level.**
- **Remember that pushing is easier on your back than pulling.**
- **Decide where you're going to put a heavy object before you move it.** Get help or use a dolly.
- **Sleeping on your back puts 55 pounds of pressure on your spine.** To reduce pressure, put a couple of pillows *under* your knees, or if lying on your side put a pillow *between* your knees.
- **Get regular exercise to keep back muscles strong.**
- **Talk to your doctor about osteoporosis prevention.**

Source: North American Spine Society (www.spine.org)

take care

Top 10 reasons to get a mammogram

1. **You or your doctor have noticed a change** or found a lump in your breast.
2. **You're age 40 or above.**
3. **Mammograms can find lumps** up to two years before they can be felt.
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5. **80% of women** with breast cancer have no family history.
6. **Mammograms find 85%** of lumps in women over 50.
7. **All women are at risk** for breast cancer.
8. **The new low-radiology equipment** makes it safer than ever.
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10. **It could save your life.**

NOT JUST FOR

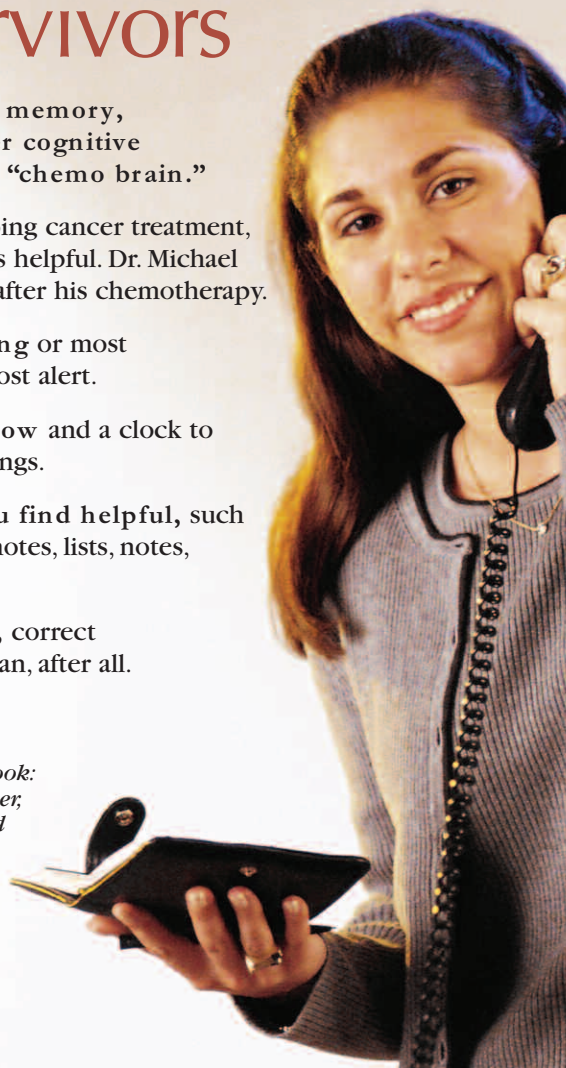
Cancer survivors

Chemotherapy can cause memory, concentration, and other cognitive problems referred to as "chemo brain."

Everyone, not just people undergoing cancer treatment, should find these coping strategies helpful. Dr. Michael Feuerstein used them during and after his chemotherapy.

- Work on your least interesting or most complex tasks when you are most alert.
- Work in a room with a window and a clock to help you stay alert and pace things.
- Use any memory devices you find helpful, such as your PDA, a calendar, sticky notes, lists, notes, and e-mail reminders.
- Acknowledge your mistakes, correct them, and move on. You're human, after all.
- Do one thing at a time.

Source: *The Cancer Survivor's Handbook: The Essential Guide to Life After Cancer*, by Michael Feuerstein, PhD, MPH, and Patricia Findley, DrPH, MSW



October Health Observances

Dental hygiene and oral cancer

In addition to caring for your teeth and gums, dental hygiene includes checking for oral cancer. A sore in the mouth that does not heal; pain in the mouth that doesn't go away; sore throats that don't go away; unusual spots on the mouth, tongue, or lips; and difficulty swallowing can be warning signs. See your doctor or dentist if any of these symptoms last more than two weeks. Learn more about oral cancer exams at www.adha.org/downloads/oralcancer.pdf.

National Depression Screening Day

October 5

Ongoing sadness; negative thoughts like "I'm a failure" or "no one cares about me"; sleeping too much or too little; lack of energy; and the inability to enjoy things are signs of depression. To find a depression/ mental health screening location near you, visit www.mentalhealthscreening.org.

Healthy lungs

Decare your home a smoke-free zone. Secondhand smoke aggravates asthma, increases children's risk of ear infections, and annually causes approximately 3,000 deaths from lung cancer and 35,000 deaths from cardiovascular disease. The American Lung Association at www.lungusa.org has more information.

"Change my life in 10 minutes? You're kidding." *...is just one tag line on our promotional materials that you may have seen.*

This is part of the new wellness program where a new benefit is being offered to all employees who are members of the State health insurance program. Go to MyGreatWest.com to take your first steps to a new you! A Health and Well-Being Assessment tool allows you to create a current health profile and set goals for what you want to improve. After you complete the Health Risk Assessment (HRA) you will receive a \$50 check from GreatWest! It is that easy!

State government is charged with the authority and responsibility for protecting the public's health. Our governor has taken this responsibility a step deeper by promoting worksite wellness for State employees. The word Wellness has been defined as "a healthy state of being, free from disease." But a more current day reference is "the condition of good physical and mental health, especially when maintained by proper diet, exercise and habits." The American Heritage Stedman Medical Dictionary, 2002.

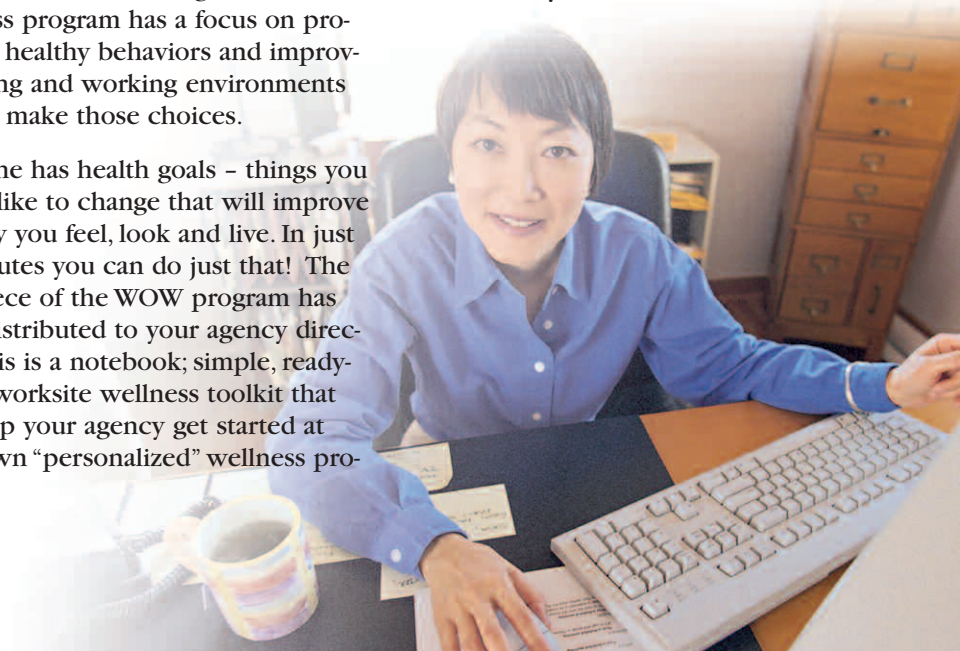
With the delivery of this newsletter, you are already witness to the new state employee wellness program, "WOW - Wyoming on Wellness".

Many wellness initiatives address tobacco avoidance, physical activity, a healthy diet, and recommendations to control cholesterol and blood pressure through health screenings. A worksite wellness program has a focus on promoting healthy behaviors and improving living and working environments to help make those choices.

Everyone has health goals - things you would like to change that will improve the way you feel, look and live. In just 10 minutes you can do just that! The first piece of the WOW program has been distributed to your agency director. This is a notebook; simple, ready-to-use worksite wellness toolkit that can help your agency get started at your own "personalized" wellness pro-

gram. Your director has selected a "Wellness Coordinator" for your agency that has or will be coordinating a personalized worksite program.

Please take advantage of all these programs. For information regarding this new initiative contact Tammy Till, Wellness Coordinator via e-mail at ttill@state.wy.us or 307-777-6716.



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